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Volunteer to Make a Difference!

Lincoln/Lancaster County Benefits from Nearly Three Million Volunteer Hours Each Year

Lorene Bartos
UNL Extension Educator

How are you making a difference with your time? Nebraska has the second highest rate of volunteering in the United States.¹ In Nebraska, 38.9 percent of the population volunteers. Are you one of them? Volunteering is important in today's society more than ever. A question that is asked many times is "Why should I volunteer?" Most volunteers say it is because of the rewards they receive. Not financial rewards, but the feeling of satisfaction from the volunteer opportunity. With a slow economy, the opportunities are greater. There are also more people with time available.

Research tells us people have many reasons for volunteering and each is for a different reason. People give the following reasons for volunteering:

- Give something back to society
- Use spare time
- Share skills
- Have fun
- Scholarship / graduation requirement
- Personal growth and benefit
- Learn new skills
- Meet new people
- Develop self-esteem
- Community service
- Career exploration

Volunteering is an opportunity available to all age groups and many areas. Opportunity areas include education, health, sports, sharing a skill, religious projects, prisons, museums, veterans neighborhood parks, shelters for battered women

and children, homeless shelters, public schools, colleges, and many more.

Many civic organizations provide their members with a variety of volunteer opportunities. These organizations need members to volunteer to make possible many youth activities and sports.

Realizing the worth of volunteer hours is important to the community. The estimated dollar value of volunteer time in Nebraska is \$15.93 per hour². Last year non-profit organizations in Lancaster County reported to Volunteer Partners 120,046 volunteers giving 2,704,125 hours. This amounted to \$43,076.711. Volunteer Partners is a local organization with the mission of connecting volunteers with the needs of the community.

We all tend to think more of those in need during the holidays, but volunteering is welcome and necessary all year. We all need to be aware making our communities, our nation, and our world better is a 365-day-a-year responsibility — and there is always something we could be doing to help.

To connect with local volunteer opportunities, go to the Volunteer Partners Web site at <http://volunteerparkers.org> or look in the newspaper for a listing of needs.

Remember: Volunteering is not nice, it is necessary!

¹Source: Corporation for National & Community Service; www.nationalservice.gov

²Independent Sector — 2007 is the latest year for which state-by-state numbers are available.



In the 4-H Youth Development program, adult volunteers lead clubs, teach workshops (a rocketry class is pictured above), and help youth in numerous other ways.



Lincoln Center Kiwanians read to Head Start/Excite students three times a year and donate the books.



Volunteers Partners has done trainings for Emergency Volunteer Centers in case of disaster.



UNL Extension trains Master Gardeners who then provide 40 hours of volunteer service, such as helping at the People's City Mission garden.

UNL Extension Volunteers

Last year, University of Nebraska–Lincoln Extension in Lancaster County programs benefitted from approximately 1,440 volunteers investing 24,450 hours of time. Volunteers contributed to the 4-H Youth Development program, Master Gardener, Nutrition Education Program (NEP), Family Community Education (FCE) and other extension programs. In addition, 4-H and FCE members often volunteer in community service projects (see back page for one 4-H member's service project).

Ten Tips for Wise Volunteering

If you have some time to share or give to make a difference, these tips help you make a good choice and match.

- 1. Research the causes or issues important to you**
Look for a group that deals with issues about which you feel strongly. You may already be giving money to one of these organizations and may be a good place to volunteer.
- 2. Consider the skills you have to offer.**
If you enjoy outside work, have a knack for teaching, or just enjoy interacting with people, you may want to look for volunteer work which would incorporate these aspects of your personality.
- 3. Consider volunteering as a family.**
Look for a volunteer opportunity which would be suitable for parents, grandparents and children to do together or as a husband and wife team.
- 4. Would you like to learn something new?**
If you would like to move into areas which will provide you with novelty or change, seek a volunteer opportunity involving training in an unfamiliar skill.
- 5. Don't over-commit your schedule**
Make sure the volunteer hours you want to give fit into your hectic life, so you don't frustrate your family, exhaust yourself, shortchange the

organization you're trying to help, or neglect your job.

- 6. Nonprofits may have questions, too.**
While most nonprofits are eager to find volunteer help, they have to be careful when accepting the services you offer. You may be asked to come for an interview, fill out a volunteer application, describe your qualifications, and your background — just as you would at an interview for a paying job.
- 7. I never thought of that!**
Think out of the box for volunteer opportunities, there are many besides hospitals, churches, and libraries.
- 8. Give voice to your heart through your giving and volunteering!**
Bring your heart and your sense of humor to your volunteer service, along with the enthusiastic spirit which it, in itself is a priceless gift.
- 9. Virtual volunteering.**
Yes, there is such a thing! If you have computer access and the necessary skills, some organizations now offer the opportunity to do volunteer work over the computer.
- 10. Be a year-round volunteer.**

Source: IndependentSector.org

Calibrating Hand-Held Sprayers

Tom Dorn
UNL Extension Educator

Do you need to spot spray weedy patches in the lawn or pasture with a hand-held sprayer? We will discuss a simple step-by-step calibration procedure that ensures you apply the correct amount of pesticide to comply with the product label and so you will achieve satisfactory results.

In order to apply the recommended amount of chemical through a sprayer, you need to know two things:

1. The quantity of total spray output you will be applying per unit of area, e.g., gallons per acre (GPA); and,
2. The recommended amount of product to apply per acre.

I recently came across a simplified method of calibrating hand-held sprayers. This methodology works for calibrating either compressed air (pump up) sprayers or sprayers with a motor driven pump to create pressure (hand guns). The following procedure illustrates the steps required to properly calibrate hand-held sprayers. Most of the procedure is the same whether you are using a compressed air or powered sprayer. *Italicized text applies only to compressed air sprayers.*

Measure Spray Output

- 1) Note the “full” mark on the spray tank. *There will be space above the mark for compressed air.*
- 2) Determine the useful volume of the spray tank by measuring the volume of water needed to fill an empty tank to the full mark.
- 3) Using only water, fill the container to the full mark. Start the motorized pump or pressurize the tank, then test the spray pattern. Add pressure and/or adjust the spray tip until you are satisfied with the spray pattern.
- 4) Measure and mark a test area 18.5 feet x 18.5 feet square
- 5) Spray the test area in the manner you would normally do when controlling the target pest and record the time in



This spray tank holds 2 gallons when full.



Test spray pattern and adjust tip.

seconds to treat the test area.

- 6) *Pump up the pressure again and* spray into a container for the same number of seconds it took to “treat” the test area (step 5) and measure the fluid ounces (fl.-oz.) caught in the container. The number of fl.-oz. caught in the container will be equal to the gallons of spray you would have applied had you sprayed a full acre (GPA).



Spray in a container for the same number of seconds.

Determine the Amount of Chemical to Add to the Tank

- 7) Divide the useful capacity of the tank (step 2) by the spray output, GPA (step 6) to determine the decimal fraction of an acre covered by each tank of spray solution.
- 8) Read the label to determine the volume of product recommended per acre.
- 9) Multiply the volume of product per acre (step 8) by the fractional acre covered per tank (step 7) to determine the amount of product to add per tank of spray.

Example

- Note the full mark. (Step 1)
- Tom measured the useful volume of the spray tank and found it to be two gallons. (Step 2)
- Test spray pattern. (Step 3)
- He measured and marked a test area 18.5 x 18.5 feet. (Step 4)
- He sprayed the test area and found it took 32 seconds. (Step 5)
- He caught the output in a container for 32 seconds and measured 34 fluid ounces of water caught. This shows Tom was putting out the equivalent of 34 gallons per acre. (Step 6)
- Each tank will cover 2 gallons / 34 gallons / acre = 0.059 acre (Step 7)
- The product label recommends 1 quart (32 fl.-oz.) of herbicide per acre. (Step 8)
- The amount of product to add to a full spray tank is: 32 fl.-oz. per acre x 0.059 acres per tank = 1.9 fl.-oz. per spray tank. (Step 9)

This methodology works because the test area (18.5 feet square) is 1/128 of an acre. A U.S. gallon is 128 fluid-ounces. The fluid ounces of spray required to treat the test area therefore is equivalent to the gallons of spray output that would be applied to a full acre, provided the operator maintains a consistent pattern of spray output and spray coverage.



Measure a test area 18.5 feet x 18.5 feet square. Then spray in the manner you would normally do and record the time in seconds to “treat” the test area.

Pioneer Farm Family Awards Due May 1

For the 55th year, the Knights of Ak-Sar-Ben Foundation and the Nebraska Association of Fair Managers will recognize Nebraska Pioneer Farm Families whose land has been owned by the same family for 100 years or more. Titled the “Nebraska Pioneer Farm Award,” the program requires the land of a family must have been owned by some member of the family for a century or more. Pioneer Farm Families are recognized at their local county fair and receive a beautiful engraved plaque and a gatepost marker from the Foundation.

Families with farm land in Lancaster County for more than 100

years will be recognized at the Lancaster County Super Fair on Friday, Aug. 7 at 5:30 p.m. during the Family Barbeque.

Applications can be obtained by contacting Sue Bulling at the Lancaster Event Center at 441-6545 or Deanna Karmazin at the extension office at 441-7180. The deadline for submitting nominations is May 1. Families with land in other counties should contact their County Fair office.

Please be sure the forms are filled out in full with all of the necessary signatures (the owner(s) signature verifies the historical information as well as the engraving request) before mailing.

How to Measure Small Quantities of Pesticide

You could measure small quantities of pesticides using a number of different measuring devices. Three common examples are:

- A measuring cup (Dedicate a measuring cup for garage use only. Never use the same cup that is used for cooking.)
- A tablespoon (Tbsp) (If you will be using an old tablespoon from the silverware drawer, check volume by pouring water from a measuring spoon into the spoon designated for pesticides to check the actual volume.)
- A disposable syringe calibrated in milliliters (These are sold at veterinary supply and farm supply stores). This is my personal favorite because you suck chemical into the syringe instead of pouring chemical from the bottle into an open measure which can spill on your hands or clothes. A syringe accurately measures any volume up to its full capacity.

The calculations below demonstrate how to compute the chemical needed for our example using these three fluid volume measuring devices.

- 1.9 fl.-oz. /8 fl.-oz./Cup = 0.24 Cup per tank. Add just under 1/4 cup of product per tank.
- 1.9 fl.-oz. x 2 Tbsp per ounce = 3.8 Tbsp. Add just under 4 Tbsp per tank.
- 1.9 fl.-oz. x 29.6 milliliters (ml)/fl.-oz. = 56.2 ml. Add just over 56 ml per tank.



Disposable syringe

New Tall Fescue Varieties Worth Consideration

Tall fescue is a pasture grass we often have resisted using because it can contain some compounds that can harm livestock. Bruce Anderson, UNL forages specialist, says that is changing. Tall fescue is a high yielding and persistent cool-season grass. Compared to other grasses, fescue grows especially well in the fall so it often is used for winter grazing.

Traditional fescue varieties often had an internal fungus, or endophyte, that produces chemicals that help the plant resist insects and diseases, which is good. But some of the chemicals also affect body temperature regulation, blood flow, and feed intake in livestock.

Horses can be very sensitive. Mares can abort or have stillborn foals, or they may fail to produce milk. In cattle, we often see rough hair coats and more time spent standing in water or shade during summer.

Cows produce less milk and often have difficulty conceiving. Intake can be especially low during summer, so weight

gains also are low. In winter, a condition called ‘fescue foot’ can cause animals to loose hooves, ears, or tail switches during cold weather.

Many new fescue varieties, though, have been developed to be either ‘endophyte free,’ or they contain a novel, safe endophyte. These fescues are very safe to graze. Research here in Nebraska under both dryland and irrigated conditions has shown many of these varieties are highly productive and have good survival in our area. Many producers are beginning to use them very successfully in their grazing programs. Anderson suggests they are especially well suited for cow-calf operations. He has even planted some on his own farm.

Tall fescue used to be a grass we avoided, but since new varieties do not have the toxins of old fescues, consider using it for your new plantings. Think about it.

Source: Bruce Anderson, UNL Forage Specialist

Master Conservationist Entries Due April 1

Nebraska adults and youth in both rural and urban areas who have implemented soil and water conservation practices are eligible to enter the 2010 Master Conservationist Recognition program. The deadline for entries is April 1. There are categories for youth groups and individuals, residences, communities and private businesses as well as production agriculture (farming and ranching). Master Conservationist program brochures are available at the UNL Extension office and online at <http://owh.com> (click on the “In the Community” link).



Heat Treatments for Bed Bugs

Barb Ogg
UNL Extension Educator

One reason bed bug infestations are increasing is because they are resistant to pyrethroids, the most commonly-used insecticide products used inside homes. This resistance is widespread. University of Kentucky researchers have discovered bed bugs collected across the U.S. have one or two gene sequences that enable them to detoxify pyrethroid insecticides. This explains why we are seeing problems with bed bug control.

Other treatment approaches are needed. One of the newest approaches is to use heat to eradicate bed bugs. Like all animals, bed bugs have an optimal range of temperatures for survival. Studies show adult bed bugs immediately die at 120°F. Their eggs die at 122°F.

Plunkett's Pest Control is using heat treatments in Lincoln and other places in Nebraska. They are using a Thermal Remediation system developed by Temp-Air. Mike McHale, Plunkett's Multi-Housing Operations Manager and Mike Volnek, Service Supervisor, were kind enough to let me tag along on a recent job so I could learn about how this system works. The treatment took place in a one-bedroom apartment here in Lincoln.

Before the treatment begins, Plunkett's technicians place 24 wireless temperature sensors in the

most insulated areas of the apartment. These sensors send temperature data to an on-site computer where technicians can remotely (and more comfortably) monitor temperatures.

Some items, like candles, aerosol canisters, meltable foods, medications do not tolerate temperatures above 120°F. These items were removed from the apartment or placed in the refrigerator.

Heat must be distributed evenly so furniture was pulled away from walls, drawers were pulled out, and boxes were emptied. Mattresses were set on edge. Residual insecticides were applied to outside-facing walls to prevent bed bugs from migrating outward once the heat is turned on.

Once the prep work was done, technicians placed large electric heaters in the apartment along with large fans to circulate the heat.

According to McHale, once the sensors temperatures reach 120°F, they continue heating for 4-6 hours or more, depending on the infestation level. This extended heat treatment makes sure all bed bugs and their eggs are killed.

This system uses four electric heaters per apartment which run on 220 volts. Most apartments don't have the electrical capacity to run them, so the Thermal Remediation system has a generator housed outdoors in a trailer.

There are several advantages of heat treatments. First, inhabitants are not exposed to insecticides, especially in sleeping areas. It isn't necessary to discard beds and furniture and laundering isn't needed. Another advantage; Plunkett's guarantees heat treatments, at least for a period of time. They won't guarantee the apartment free of all future infestations, only the current one.

This treatment is pretty invasive. Because all the furniture is moved around, it will take some time for the inhabitant to put the place back together. It is also fairly expensive. McHale told me they charge \$1,400 to heat treat a 900-square foot apartment.

For more places Thermal Remediation is being used for bed bug control, check out <http://www.thermal-remediation.com/news.aspx>.



Large electric heaters heat the apartment for 3-5 hours to make sure all bed bugs are killed.



Wireless temperature sensors send data remotely to a computer.



Computer print-out of temperature data is monitored by technicians.

Rabies Confirmed in Local Horses

Soni Cochran
UNL Extension Associate

Dr. Annette Bredthauer, DVM, Nebraska Public Health Veterinarian has confirmed three cases of rabies disease in horses in Lancaster County. The cases were not clustered in one area of the county and occurred during the past seven months.

Rabies is a virus most commonly transmitted in saliva from a rabid animal to another animal through a break in the skin. Local veterinarians assume the recent cases involving horses were the result of horses coming into contact with rabid skunks. Skunks are a common source of the rabies virus.

Horses are naturally curious and if they saw a strange animal in their barn or paddock, they would check it out. A horse could easily get bit by a skunk and you would never know until it is too late. The symptoms of a horse with rabies varies, so it is a disease best diagnosed by a veterinarian. In the meantime, a horse with rabies can expose humans and other animals to the disease.

Preventing rabies in horses is as easy as making sure your animals are vaccinated. We encourage you to contact your veterinarian for his/her recommendations on vaccinating horses and other animals on your property.

For information on skunk control and management, visit <http://lanaster.unl.edu/pest/skunks.shtml> or contact your local extension office.

Wildlife Repellents an Option in Certain Situations

Understand the strengths and weaknesses of repellents before you buy the "hype."

Each year, our office receives many calls from folks who are upset with local wildlife damaging plants and property. Many people want to know if there is something they can spray or sprinkle on their plants or yard to keep animals out. The short answer is "No." Repellents are an option for wildlife damage reduction, but rarely work the way you want. Before you spend your money on repellents consider the following:

1. Animals can just walk on by. The first problem with repellents, is animals can simply walk past an offensive smell. Think of all the times you have smelled bad and repulsive odors. Did it stop you from going where you needed to go? Probably not. Now consider it from an animal's point of view. It has a choice. Continue to eat and smell a bad smell or not smell a bad smell and starve. Which path do you think it will take? How about snakes? Studies have shown snakes will cross commercially available repellents.

2. Animals get used to repellents. The second problem lies with familiarity. Let's say you do find a repellent that seems to drive animals away from your property — a perimeter repellent. Perimeter repellents use an animal's fear of predators to work. For example, if you used coyote urine, you may reduce woodchuck damage because coyotes eat woodchucks. The woodchucks smell the

urine you've applied and avoid the area — for a time. The problem is it won't take long before the woodchuck realizes it is smelling coyotes but it doesn't see them. If the woodchuck is starving, it will enter the area and risk an encounter with a coyote. It will not choose to starve.

3. Mistaken Cause. A third problem with repellents is people may think the repellent they used may have worked, when in fact, the repellent didn't work at all. Here's an example: Let's assume you have a skunk under your deck. Your neighbor tells you to throw mothballs at the entrance. You do. Two days later you discover the skunk is in fact gone. You're thrilled thinking the mothballs drove the skunk away. But what really happened, was the skunk ventured out and was hit by a car several blocks from your home. The mothballs had nothing to do with the removal. In fact, in most cases, wildlife will just kick the mothballs out of their dens or just ignore them and go about their business. (Note: Products like mothballs, should only be used according to the directions on the product label. The use of mothballs in this case, would not be in accordance with the label).

4. Who follows directions? In fairness to the repellent manufacturers, sometimes repellents fail because the user doesn't follow the instructions. Most repellents have to be reapplied after a rain, heavy dew, or due to plant growth. If a taste or tactile repellent is effective, it can

only continue to be effective if it is still on the plant. Your costs add up.

5. When the animals have no choice. Under dire circumstances, animals have no choice but hold their noses and eat bad tasting food. If they don't, they will starve. No repellent can drive away an animal that only has death as an alternative option.

Is There Anything That Works?

There are some repellents that may work for you in certain situations. Remember none of these are going to be 100 percent effective — they are only one of the tools you should be using. Here are some examples:

Taste Repellents. There are some products available for animals like deer, that can be applied to plants. The plants take the repellent up through their roots and make them less desirable for deer to gnaw on. The products are quite effective on plants you don't want to eat. Example products are Deer Away® and Ropel®.

Visual Repellents — Sight. These devices are used to scare animals away. To have any effectiveness, you need to move them around to different locations. Flashes of light will help repel birds. You can purchase reflective mylar tape to repel birds like woodpeckers.

Auditory Repellents — Sound. There are sounds of distressed animals and birds or noises of predators that can be used to frighten animals. The effects

are short-term, but these devices may help you get a situation under control. The devices can be expensive and will most likely annoy your neighbors. At the present, there are no ultrasonic devices you can just plug into an outlet that work in the real world.

Olfactory Repellents — Smell. Most animals you are trying to discourage adapt quickly to these repellents. You should also know urine products are "urine" — which may offend your nose and have potential health hazards. Save your money.

Tactile Repellents — Touch. Some products are designed to harass an animal's desire to touch. Sticky products are used to repel pigeons who don't like gooey feet. These products also collect dirt and can effect the appearance of a building. The sticky product can also trap small birds which results in cruelty — especially if you aren't familiar with the product and apply it improperly.

Source: Internet Center for Wildlife Damage

FOR MORE INFORMATION

For research-based information on how to responsibly handle wildlife damage problems, visit the Internet Center for Wildlife Damage Management at <http://icwdm.org/>.

Cooking Safely in the Microwave Oven

Microwave ovens can play an important role at mealtime, but special care must be taken when cooking or reheating meat, poultry, fish, and eggs to make sure they are prepared safely. Microwave ovens can cook unevenly and leave “cold spots,” where harmful bacteria can survive. For this reason, it is important to use the following safe microwaving tips to prevent foodborne illness.

Microwave Oven Cooking

- Arrange food items evenly in a covered dish and add some liquid, if needed. Cover the dish with a lid or plastic wrap; loosen or vent the lid or wrap to let steam escape. The moist heat created will help destroy harmful bacteria and ensure uniform cooking. Cooking bags also provide safe, even cooking.
- Do not cook large cuts of meat on high power (100%). Large cuts of meat should be cooked on medium power (50%) for longer periods. This allows heat to reach the center without overcooking outer areas.
- Stir or rotate food midway through the microwaving time to eliminate cold spots where harmful bacteria can survive and for more even cooking.
- When partially cooking



USDA Food Safety & Inspection Service – Kitchen Companion

food in the microwave oven to finish cooking on the grill or in a conventional oven, it is important to transfer the microwaved food to the other heat source immediately. Never partially cook food and store it for later use.

- Use a food thermometer or the oven’s temperature probe to verify the food has reached a safe minimum internal temperature.



USDA Food Safety & Inspection Service – Kitchen Companion

Use a food thermometer to verify food has reached a safe minimum internal temperature.

ature. Cooking times may vary because ovens vary in power and efficiency. Always allow standing time, which completes the cooking, before checking the internal temperature with a food thermometer.

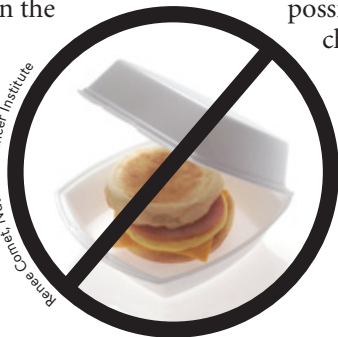
- Cook foods to the following safe minimum internal temperatures:
 - Beef, veal, lamb steaks, roasts, and chops may be cooked to 145°F.
 - All cuts of pork to 160°F.
 - Ground beef, veal and lamb to 160°F.
 - Egg dishes, casseroles to 160°F.
 - Leftovers to 165°F.
 - Stuffed poultry is not recommended. Cook stuffing separately to 165°F.
 - All poultry should reach

a safe minimum internal temperature of 165°F.

- Cooking whole, stuffed poultry in a microwave oven is not recommended. The stuffing might not reach the temperature needed to destroy harmful bacteria.

Microwave Defrosting

- Remove food from packaging before defrosting. Do not use foam trays and plastic wraps because they are not heat stable at high temperatures. Melting or warping may cause harmful chemicals to migrate into food.
- Cook meat, poultry, egg casseroles, and fish immediately after defrosting in the microwave oven because some areas of the frozen food may begin to cook during the defrosting time.
- Do not hold partially cooked food to use later.
- Cover foods with a lid or a microwave-safe plastic wrap to hold in moisture and provide safe, even heating.
- Heat ready-to-eat foods such as hot dogs, luncheon meats, fully cooked ham, and leftovers until steaming hot.



Avoid microwaving foods in their take-out containers, unless labeled microwave-safe.

Renee Carter, National Cancer Institute

- After reheating foods in the microwave oven, allow standing time. Then, use a clean food thermometer to check food has reached 165°F.

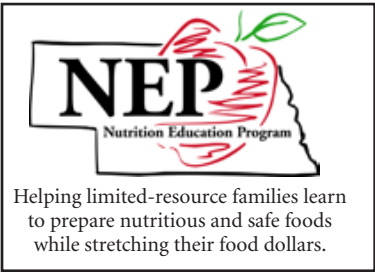
Containers & Wraps

- Only use cookware specially manufactured for use in the microwave oven. Glass, ceramic containers, and all plastics should be labeled for microwave oven use.
- Plastic storage containers such as margarine tubs, take-out containers, whipped topping bowls, and other one-time use containers should not be used in microwave ovens. These containers can warp or melt, possibly causing harmful chemicals to migrate into the food.
- Microwave plastic wraps, wax paper, cooking bags, parchment paper, and white microwave-safe paper towels should be safe to use. Do not let plastic wrap touch foods during microwaving.
- Never use thin plastic storage bags, brown paper or plastic grocery bags, newspapers, or aluminum foil in the microwave oven.

Source: *Cooking Safely in the Microwave*, USDA Food Safety and Inspection Service, retrieved March 11, 2010.

\$tretch Your Food Dollar by Using Beans as a Main Dish

Recipes with 5 Ingredients or Less



Helping limited-resource families learn to prepare nutritious and safe foods while stretching their food dollars.

Mardel Meinke
UNL Extension Associate

Beans are called a “super food” for good reason. A bean is actually a seed, packed full of nutrients. Beans are a vegetable that provide important vitamins and minerals. They are also a low-fat, low-sodium, cholesterol-free source of protein, so are also part of the meat and beans group. Beans are a unique food that counts as either a vegetable or protein, but not both at the same meal.

Beans are a very good source of fiber, folate, and iron and may reduce the risk of heart disease and certain cancers because they contain antioxidants. They are inexpensive and widely available. Beans do not have a strong flavor on

their own, so can easily take on and complement other flavors in food. They can complement meats or take the place of meat, as a protein source in a meal.

While much of the world relies heavily on beans as a protein source, Americans are learning to cook a wider variety of foods with beans. There are so many kinds of beans available in food stores, and they are convenient, since canned beans are already cooked and ready to use. Sometimes flavors are added to canned beans and may be labeled “chili beans,” for example. Do not drain and rinse these, since flavor would be lost. But, with regular canned beans, drain and rinse them under running water to reduce the gaseous affect.

The following bean recipes require few ingredients and can be doubled and frozen for a later meal. Flavor is often enhanced when cooked a second time. Also,

twice,” we save money and preparation time.



Three Bean Chili

(8 servings)

- 3 (15 ounce) cans beans (suggest a colorful mix — such as red, black, and Great Northern beans)
- 1 (16 ounce) jar salsa
- 1 (28 ounce) can crushed tomatoes
- 1 teaspoon ground cumin
- 1 teaspoon chili powder

In large saucepan, combine all the ingredients plus 2-3 cups of water. Bring to boil. Reduce heat and simmer 10-30 minutes or longer, if you prefer. Serve and top with shredded cheese, if desired.

Black Bean Soft Tacos

(8 servings)

- 1 medium onion
- 2 (15 ounce each) cans black beans, rinsed and drained
- 1 (15 ounce) can diced tomatoes
- 1 (4 ounce) can chopped green chilies
- 1 tablespoon chili powder

In a nonstick skillet, sauté onion. Stir in beans, tomatoes, chilies, and chili powder. Bring to boil and simmer until mixture thickens. Spoon onto tortilla and top with cheese, if desired.

Bean Salad

(6 servings)

- 1 (15 ounce) can garbanzo beans or other variety
- 1 cup chopped celery or green pepper
- 1 cup chopped tomatoes (fresh or canned)
- 1 tablespoon minced onion
- Top with favorite dressing

Mix ingredients together. Can be served over torn lettuce leaves.

Apple Bean Bake

(6 servings)

- 1 (16 ounce) can pork and beans (remove the pork)
- 2 golden delicious apples, cored and cubed (other variety, if you prefer)
- 2 tablespoon brown sugar
- 1/4 teaspoon cinnamon

Microwave Method: Combine ingredients in a 1-2 quart microwave-safe casserole dish. Microwave uncovered on high 4 minutes. Turn and stir. Microwave on high another 4 minutes until the apples are tender.

Stovetop Method: Combine all ingredients in a 1-2 quart saucepan. Simmer until the apples are tender. Stir occasionally.

(Source: *The Bean Cookbook*, Sept 2004; Northwest Beans Growers Assoc. 50072 East Lake Seven Road, Frazee, MN 56544)

Nachos with Beans

(6 servings)

- 1 (15 ounce) can beans — suggest pinto, red, black, or kidney beans (beans can be flavored by mixing 2 tablespoons of taco seasoning with beans)
- 1 cup chopped tomatoes
- 8 ounce grated or melted cheese
- tortilla chips
- salsa

Drain and rinse beans. Flavor with taco seasoning, if desired. Beans can be chilled or heated. Place other ingredients in serving dishes so each person can “make their own” nachos, starting with the tortilla chips.

FAMILY & COMMUNITY EDUCATION (FCE) CLUBS

President's View — Irene's Items

Irene Colborn
FCE Council Chair



Spring is really coming! Most of the snow is melting away. I found my way to the clothesline the other day to hang out my sheets. I don't know of a better smell than of things that have

been hung out when it is cold. I noticed several deadlines of which to be aware in the State Newsletter sent out recently. Also, I would like to see a good representation from Lancaster



County at the Southeast District Meeting in Wahoo on April 22. Please plan to attend. My "item" this month I found in the paper and thought it was worth repeating. "Reach out and touch someone every day. People love that human touch — holding hands, a warm hug or just a friendly pat on the back."

FCE News & Events

FCE Scholarship Applications Due May 1

A \$400 scholarship provided by the Lancaster County FCE Council is available for a graduate of a high school in Lancaster County or a permanent resident of Lancaster County majoring in Family and Consumer Science or a health occupation. This is open to full-time students beginning their sophomore, junior or senior year of college in the fall of 2010 or who have completed two quarters of study in a vocational school. Applications are due May 1 in the extension office.

Southeast District FCE Meeting Thursday, April 22, 2010

10 a.m. registration and coffee

Union Bank Community Room, 328 West Third,
Wahoo, NE (next to Court House and jail)

Please Bring: kleenex and/or hand sanitizer for local schools

Program includes:

Hearth Fire Lesson – Woman to Woman...
"Forgetfulness or Alzheimer?"

Lunch

Presentation – "Hands" by Luella Peterson

**Registration deadline by Monday, April 5.
Form in FCE Speaks.**



Lorene Bartos, UNL Extension Educator

Cleaning Window Screens

Want to (literally!) improve your outlook? Give your window screens a good spring cleaning! It'll improve the way the world looks from the comfort of your home — and it's a quick home spruce-up costing you virtually nothing.

The first — and maybe the most tedious — step is to remove the screens. As you do, assign a number to each screen and its corresponding window or door frame so each one is returned to its proper location. Put any screws or bolts in a plastic bag and number also. That way, each screen can be returned to its proper location and you can avoid any confusion later. Even a slight size variation will prevent the screen from fitting in another window.

Once you've removed the screen(s), follow this simple procedure, for getting them clean:

- Use the brush attachment on the vacuum cleaner to gently remove dust and loosen grit from the mesh and frames.
- Wet the screens thoroughly. Choose the method most convenient for you: a hose, a shower nozzle or a heavy-duty sponge.
- Using an outdoor cleaner and a sponge, lightly wipe the solution all over the screen and frame until it's coated with suds.
- Rinse the screen, using the hose, shower nozzle or sponge. Check for missed spots and, if necessary, lightly scrub again.
- Give the screen a final rinse.
- Lift the screen and shake off excess water. Let it air-dry before replacing it in the window.

Give Your Appliances an Energy Boost

Because appliances are a major source of energy use, it's important to do all you can to keep them running as efficiently as possible. Here are some tips to help you conserve energy, which is not only good for the environment but also good for your pocketbook.

Dishwasher: The biggest energy drain comes from heating the water — and it takes just as much water to clean a partial load of dishes as a full one. So wait until the dishwasher is full and then run it. During the winter months, when the air in the house is generally dry, you can further reduce energy use by eliminating the dry cycle. Instead, when the dishwasher stops, open it and pull out both racks. Everything will be dry in about an hour. One side effect of this procedure may be spotting on your glassware. If this occurs, using a rinse agent will allow the water to sheet off the dishes rather than dry in droplets.

Hot-water heater:

Lower the thermostat so the water never gets hotter than 120°F. Besides saving energy, this will prevent scalding injuries.

Washing machine:

Small loads may use less water, but they consume almost as much energy as large loads. So, think before you load! If possible, wait until you have a full load before running the washing machine. For optimum cleaning, follow the laundry detergent manufacturer's recommendations for the proper amount of detergent. And if you own an HE washer, be sure you're using a detergent specially formulated for your machine.

Clothes dryer: Cleaning the lint trap before each load will help avoid a fire hazard and make your clothes dry faster, which saves energy.

Refrigerator: Keep the door seals and their contact surfaces clean. This will reduce energy consumption and extend the life of the seal. Before cleaning, turn off the tempera-

ture controls and, if possible, unplug the unit. Clean the seals and corresponding surfaces with a solution of one part chlorine bleach to one part warm water. Use an old toothbrush to get into the crevices in the seal. Wipe the solution off with a clean, damp cloth and then dry with a second clean cloth or paper towel. A yearly vacuuming underneath and behind the unit will also help it run more efficiently. Unplug the refrigerator and then use a crevice tool or a feather duster to clean the coil and all the metal parts.

Freezer: If you don't own the frost-free variety, defrost whenever there's more than a quarter-inch of buildup. Be sure to unplug the unit before you begin. Once the frost is gone, clean the inside of the freezer with a solution of warm water and liquid dish detergent. Rinse with fresh water and wipe dry.

Try these simple tips to save energy and the environment.

More Fun in Your Family Life!

There's hardly a family expert who would not agree with the message family fun is vitally important for healthy living. If you merely teach children how to cope with problems you haven't taught them how to experience joy. We're finding in our research just because a person isn't down doesn't mean he or she's up. Here's how to teach this important life skill:

1) Make ordinary things fun. One great thing about fun, it doesn't have to cost anything, and it doesn't have to take extra time. Psychologists say happiness is actually just a way of looking at your life, being willing to use any opportunity to laugh, that might come your way.

2) Teach your children the magic of anticipation. Kids learn from their parents how to look forward to things. It's important to sit down with your children daily and talk about upcoming happy events — to show them how to anticipate good times. It doesn't have to be a major event, like a trip to Disney World or a holiday with tons of presents. Something simple, like talking about next weekend, will do just fine.

3) Help your children be realistic about what's going to happen. You get your kids in the mood for anticipating the wonderful things about to take place, and suddenly their imagination knows no bounds. You don't want to be a spoiler, but you also

don't want to let your child's version of things swing wildly away from what's practical.

4) Get in the habit of savoring the moment.

Children tend to be absorbed in the experience, while adults may step back and reflect on it. Parents should be careful not to push their child in to adopting their analytic style. It's okay to let your child simply experience the wonderment of something, like rolling in a pile of leaves. Don't make her think she has to put a label on what she's feeling.

5) Take plenty of strolls down memory lane.

It's okay to reminisce about old times, to savor things that happened in the past and keep them alive in your child's memory. Taking photographs and gathering souvenirs are very good ways. Also, tell stories about things the child has done.

6) Encourage your children's playful side.

You can show your kids how to be light, how to take pleasure from life, how to be pleased with themselves. When you laugh at a child's jokes — even the early, rudimentary ones like putting his shoes on his ears — you're helping him develop what the world will later call his marvelous sense of humor, and when you put your shoes on your ears in response, you're showing your child you share completely in his sense of fun.

Source: Debra Schroeder, University of Nebraska-Lincoln Extension Educator

AARP Driver Safety Course, May 4

The AARP Drives Safety program is the nation's first and largest classroom course, designed especially for those 50 and older. The AARP course will be presented in Lincoln as a 4-hour session on Tuesday, May 4, 8 a.m. – 12 noon at the Lancaster Extension Education Center, 444 Cherrycreek Road. A certified AARP instructor will teach the session. Cost is \$13 for AARP members and \$14 for non-members payable at the door. To register for the class call 441-7180.

The course is geared especially to your safety needs. You will learn:

- Defensive driving techniques, new traffic laws and rules of the road.
- How to deal with aggressive drivers.
- Techniques to handle driving situations such as left turns, right-of-way and blinds spots.
- How to safely use anti-lock brakes, air bags and safety belts.

No test. For more information about the course call 1-888-227-7669.



Soni Cochran, UNL Extension in Lancaster County

Easter Lily Care

Mary Jane Frogge
UNL Extension Associate

When buying a lily, look for a plant with flowers in various stages of bloom from buds to open or partially opened flowers. Foliage should be dense, rich green in color, and extend all the way down to the soil line. This is a good indication of a healthy root system. Look for a well-proportioned plant, one that is about two times as high as the pot. You also should check the flowers, foliage and buds for signs of insects and disease.

At home, keep your lily away from drafts and drying heat sources such as appliances or heating ducts. Bright, indirect light is best with daytime temperatures of 65–75°F. Water the plant only when the soil

feels dry to the touch, but do not over water. To prolong the life of the blossoms, remove the yellow anthers (pollen-bearing pods) found in the center of each flower.

Do not throw away your Easter lily after it is done blooming. You can save the bulb and plant it outdoors. Easter lilies can be replanted outside after the blooms are gone. Plant the Easter lily outdoors as soon as the ground can be worked. Select a sunny site with well drained soil. Set the top of the bulb six inches below the soil surface. Cut off the old flowers, but leave the stem and leaves. Do not cut back the stem until it dies down in the fall, then cut it off at the soil surface. After the soil surface freezes in late fall, mulch the soil and do not remove the mulch until new growth begins in the spring.

Blue false indigo grows three to four feet tall and three to four feet wide in an upright habit. This exceptional perennial grows across a wide range of zones and is one of the most adaptable native species.

Newly emerging shoots produce violet-blue, lupine-like flowers in erect 10-inch racemes atop flower stems extending well above the foliage mound of clover-like, bluish-green leaves. The spring flowers are present for three to four weeks. The flowers give way to inflated seed pods which turn charcoal black when ripe and which flower arrangers consider to be ornamental. The common name, blue false indigo, refers to the use of this perennial by early Americans as a dye.

Baptisia australis is an excellent plant to anchor the back of the border. It is also valuable for cottage gardens, native plant gardens and native area of prairies and meadows.



Perennial Plant Association

It is best as a specimen or planted in small groups. Blue false indigo can be used with bulbs and other spring flowering perennials to make interesting combinations.

Each year, members of the Perennial Plant Association vote on the Perennial of the Year. The Perennial Plant Association's goal is to recommend perennial plants that meet the following characteristics: low maintenance, relatively pest and disease resistant, multiple seasonal interests, and readily available.

Source: Perennial Plant Association

Upcoming Composting Workshops and Demonstrations

Each spring and fall as you clean-up your yards and gardens, there is always a large pile of leaves, grass clippings and other duff material to be removed. Instead of throwing it away, recycle it. One of the key components of good composting is brown or dried organic matter as well as green grass clippings. So, now is the time to utilize these materials in a compost pile. Learn how to be successful with composting by attending a composting workshop or demonstration sponsored by UNL Extension in Lancaster County and the City of Lincoln Recycling Office.

Composting Workshops are held at various Lincoln locations:

- Wednesday, April 14 — Lancaster Extension Education Center, 444 Cherrycreek Rd., 6:30 p.m.
- Thursday, April 15 — Charles H Gere Library, 2400 S. 56th Street, 6:30 p.m.
- Tuesday, Oct. 12 — Loren Corey Eiseley Library, 1530 Superior Street, 6:30 p.m.
- Wednesday, Oct. 13 — Bess Dodson Walt Library, 6701 S. 14th Street, 6:30 p.m.
- Thursday, Oct. 14 — Anderson Library, 3635 Touzalin Ave., 6:30 p.m.

Composting Demonstrations

are presented at the Pioneers Park Nature Center's backyard composting demonstration area. These demonstrations will show you how to be successful with backyard composting. You will see three types of composting bins and how to use them. Demonstrations will be held:

- Saturday, April 10, 9:30–11:30 a.m.
- Saturday, May 8, 9:30–11:30 a.m.
- Saturday, Sept. 11, 9:30–11:30 a.m.
- Saturday, Oct. 9, 9:30–11:30 a.m.



Sign Up for Free E-mail Horticulture Newsletter

HortUpdate is a FREE e-mail newsletter from the University of Nebraska–Lincoln Extension which provides timely information to the lawn and landscape industry. This e-mail includes current lawn and landscape problems with control recommendations and a seasonal 'To Do' list. To subscribe, go to <http://extensionhorticulture.unl.edu>.



Garden Guide

THINGS TO DO THIS MONTH
By Mary Jane Frogge, UNL Extension Associate

Measure the rainfall with a rain gauge posted near the garden so you can tell when to water. The garden needs about one inch of rain per week from April to September.

The last Friday in April is National Arbor Day. Plant a tree or support an organization which plants trees.

Do not add organic matter to the soil when planting trees. It does not help the plant become established and it may create conditions that encourage the roots to stay inside the planting hole instead of spreading to surrounding soil. Do dig a large planting hole, but fill it with the original soil removed from it.

Cut flower stalks back to the ground on daffodils, hyacinths, and other spring flowering bulbs as the flowers fade. Do not cut the foliage until it dies naturally. The leaves are necessary to produce strong bulbs capable of reflowering next year.

Prune spring blooming shrubs such as forsythia and spirea after they have completed flowering.

Remove sticks, rocks and other debris from your lawn to prevent damaging your lawnmower or injuring yourself when mowing. Check your lawnmower and other lawn-care equipment in preparation for the coming season.

Put a birdhouse in the garden to attract insect eating friends.

Seed bare spots in your fescue or bluegrass lawn.

Scatter annual poppy seeds in flower borders. The fine seeds need not be covered. The plants grow rapidly and provide colorful flowers in early summer.

In a sunny location with poor soil, plant nasturtiums for a colorful show. They require warm soil to sprout and start blooming in about 50 days. Too much water and fertilizer produces excess leaves and few flowers.

When chrysanthemums show signs of life, dig up and divide large plants. Discard woody portions and replant divisions 12–15 inches apart.

Consider planting flowers which may be dried for winter arrangements. Some of the best are strawflower, statice, celosia, and globe amaranth.

Do not restrict yourself to buying plants in bloom. Petunias that bloom in the pack are often rootbound or overgrown and after planting will actually be set back and cease to bloom for about a month. Plants without blossoms will actually bloom sooner and will grow better as well.

Tips for Organic Gardening

Laurie Hodges
UNL Vegetable Specialist
and Sarah Browning
UNL Extension Educator

Trends in the media and celebrity diets have made “organic” synonymous with healthy. In reality, people choose to grow organically or eat organic foods out of concern of pesticide residues and the effects of pesticides on the environment. Another purpose of organic gardening is to maintain or increase soil health, which includes soil biology, as well as, soil nutrients, and soil structure.

Organic gardens do not have chemical or synthesized materials applied to them, not even for pest control. The produce in organic gardens are based on traditional breeding methods and not genetically manipulated. However, organic gardeners must realize a higher level of insect and disease damage will be present when using an organic growing system. This especially is likely when switching from conventional production methods to organic methods.

One of the biggest advantages of organic gardening is the emphasis on soil quality. Without good soil, gardeners can’t produce anything. Many conventional agricultural products have short-term or long-term detrimental affects on soil, such as altering soil microbes. Soil microbes are essential to form good organic matter and humus. Soils in organic production systems have been shown to have a higher water holding capacity, a real benefit in areas with limited rainfall such as Nebraska.

Good practices for organic



Drip irrigation keeps foliage dry and conserves water. Mulch retains moisture and reduces weed growth.

growers benefit conventional growers. Many disease problems are brought into the garden accidentally through diseased plant material, so be sure to buy only healthy plants from reputable growers. Removing diseased plants will limit the spread of disease to healthy plants. Many pathogens survive between growing seasons on diseased plant material, so removing diseased plants, fruits, and vegetables from the garden in fall, will lower disease pressure the following spring. Keep gardens weed-free, since weeds often serve as a reservoir of insect and disease problems.

Try to select vegetable cultivars with resistance or tolerance to disease attack. Examples include tomatoes with resistance to verticillium, fusarium, and nematodes, or watermelons resistant to fusarium. For more information on resistant cultivars, check garden catalogues or seed packages.

Crop rotation can reduce insect and disease damage since pests and disease-causing organisms tend to increase when host plants are continuously grown. Generally, garden crops

in the same family are host to the same or similar pests and diseases. Crop rotation is effective with soil-borne diseases as well as foliar diseases. Rotation periods are three to five years and may be difficult in a small garden. However, it still is beneficial to rotate crops and remove diseased plants or crop debris as quickly as possible. Container plantings can become part of the rotation for added space.

Many diseases require leaf wetness for infection to occur, so avoid overhead irrigation and plan to use drip irrigation this year to keep foliage dry and conserve water.

Avoid placing plants too closely together, because it results in slower air movement through plant foliage, slower leaf drying, and often greater disease problems.

Summer mulch prevents rain-splash of soil containing fungal spores onto the undersides of leaves, which is the starting point for many fungal infections.

Compost often is used for fertility in organic gardens and may include vegetable matter from the kitchen, garden, or lawn. It is best to avoid using animal manure in home compost in fruit or vegetable gardens as there is a potential risk of the animal manure containing human pathogens.

Green manure refers to incorporating a green crop, such as clover or rye into the soil about two weeks before planting to increase soil fertility. Compost and green manure help provide nitrogen and increase organic matter.

Plan for Disease Prevention

Home gardens are often bothered with diseases that deplete yields at harvest. Many gardeners have found proper planning and following recommended control practices keep vegetable losses to a minimum.

Select a well-drained garden site to prevent damping-off and other problems associated with wet soil.

Organic matter (straw, leaves, crop residue) is essential to productive soil, but can also increase the occurrence of some diseases. To avoid a buildup of diseases, bury organic matter below the expected root zone of next year’s crop. This should be done in the fall if possible.

Watering plants in the evening causes leaves to remain wet for an extended period and increases the chance of leaf diseases. Plants watered in the morning, dry quickly, resulting in fewer problems. Drip irrigation also reduces foliage diseases.

Grow vegetables in the same location only once every 3–5 years. If this cannot be done, at least plan your garden so you don’t grow vegetables of the same family group in the same area season after season. Family groups are: (1) watermelon, cucumber, squash, cantaloupe, honeydew melon, pumpkin; (2) cabbage, cauliflower, Brussels sprouts, rutabaga, kale, turnip, mustard, radish, collard; (3) Swiss chard, beets, spinach; (4) pepper, tomato, potato, eggplant; (5) carrot, parsley, parsnips; (6) onions, garlic, leek; (7) sweet corn; and (8) beans and peas.

Certain vegetable diseases are seed transmitted. Don’t save seed from the garden for planting the following year.

A number of diseases attack vegetable foliage and fruit. Diseases caused by fungi cannot be cured, so they must be prevented. When you see a fungus problem, irreversible damage has already been done. Cloudy, damp mornings encourage the growth of fungus spores. When such conditions exist, you may want to follow a preventive spray schedule or remove contaminated plants.

When to Water

To many people, one of the most enjoyable aspects of home gardening is watering. It is also very important. However, many gardening problems, such as poor yield, poor quality, poor fertility, bitter fruit, sunscald, disease problems, and a dozen other things, can be related to poor or improper watering techniques. Gardening is a form of relaxation, so it is not unusual for many gardens to be watered two, three, or more times a week. This can result in poor root development.

Light, frequent waterings cause a concentration of roots in the top inch or two of soil. Undeveloped root systems do not pose any serious problem early in the season when the plants are relatively young and sufficient moisture is available. But, as the season progresses and moisture becomes scarce, the limited root system needs more frequent watering. Consequently, you may need to water several times a week just to keep the plants from wilting severely. This problem can be prevented by adequate early and mid-season watering.

Determine when to water the garden by examining the soil, not the plants. If the soil surface appears dry, scratch the surface to a depth of about one inch to determine if moisture is present. If the soil appears relatively dry, watering is necessary. If sufficient moisture is available an inch beneath the surface, wait a couple of days before watering. Another consideration is the type of soil in your garden. Obviously a light, sandy soil that drains quickly requires more frequent watering than a heavy soil which holds water. Therefore, check sandy soil more often than heavy clay soil.

How much water should you apply? Soak garden soil to a depth of at least 6 inches. If moisture is available at this depth, adequate moisture has been applied. After doing this several times, you learn by experience when adequate water has been applied. An inch or two of water applied once a week usually is sufficient for most vegetable gardens.

Vegetable Garden Organic Weed Management

Weeds compete with vegetables for light, water, and nutrients. Weeds interfere with harvesting and can harbor many insects and diseases. While completely eliminating weeds in the garden is not realistic, several strategies can help limit or reduce weed competition.

First, reduce the weed seed bank. Raw manure, immature compost, hay or straw may contain weed seeds. Clean all tillage equipment after use to prevent contamination from adjacent garden sites. Definitely do not allow weeds to form seed heads. Seeds can lay dormant for years and continue to infest the garden.

Mulches — Mulches shade the soil to prevent weed seed germination and smother the growth of weeds. Both organic and plastic mulches are available to gardeners. Mulches can be added to the crop throughout the growing season, or the crop can be seeded or transplanted into an established mulch. Another form of mulch is cover crops. Cover crops can be grown during the summer to suppress weeds for the fall garden. Examples of cover crops are oats, annual rye, buckwheat and barley.

Plant Spacing — The critical weed-free period for most vegetable crops is right after planting. Thus, weed control is critical to reduce competition for nutrients and water. Decreasing the spacing between plants or between rows to shade the

soil rapidly can aid in weed management but requires added fertilizer and irrigation management to keep the plants healthy and productive.

Cultivation — Three or four weeks before planting, the soil can be tilled and weeds can be allowed to germinate and emerge. The weeds can be tilled in to the soil several times before the crop is established. This technique will reduce the weed population by breaking their natural cycle of emergence in the vegetable garden. Deep cultivation will bring weed seeds closer to the soil surface and may increase weed seed germination.

Vegetable Type — Certain vegetables are relatively more competitive with weeds. For example, potatoes (Irish and sweet), winter squash, sweet corn and tomatoes can effectively compete with weeds. Vegetables with deep and extensive root systems and tall vegetative growth are the best competitors.

Transplanting — Use transplants if possible. Transplants enable a uniform stand of the crop and allow the vegetable plants to get a head start over any weeds that emerge. Plant transplants at their optimum stage of growth. Transplants which are too large when planted will become stunted, grow slowly, and may not produce as well.



Flame weeding uses a hot flame to kill weeds.

Flame Weeding — Flame weeding, or using a hot flame to kill weeds, is effective for weeds that emerge before the vegetable crop. Flame weeding is effective for weed control in slow-germinating vegetables such as onions, parsnips, and carrots. Some gardeners have successfully used flame weeding on transplanted onions that are 8–10 inches tall. Sweet corn that has just emerged and potatoes up to 2 inches tall can be flame weeded.

Drip irrigation — By reducing the soil area that receives water, weed emergence is reduced. This works great in summer when rains may be limited, but one good rain event can start many weeds.

Organic herbicides — Various organic herbicides can be used by organic gardeners. These include acetic acid (vinegar), citric acid, and corn gluten. Commercial products are available.



April

Deb DeWald

Lancaster County 4-H is proud to announce Deb DeWald as winner of April's "Heart of 4-H Award" in recognition of outstanding volunteer service.

She has volunteered with 4-H for about seven years. She is currently superintendent for the 4-H & FFA Sheep show at the Lancaster County Super Fair. She has a son who is an independent 4-H member and Deb likes to get others who do not have the time commitment for traditional 4-H clubs to still become involved.

Deb says, "I like being a 4-H volunteer because it is a great way to meet people and an opportunity to help the kids get involved with livestock and the community. I work for University of Nebraska-Lincoln and like to get youth interested in the opportunities the University gives them to continue their talents and interest in animals as an adult. My favorite experience as a 4-H volunteer is the great support and interactions the parents, kids, and staff have in the sheep division! We have a great bunch to work with and the extension staff make it a pleasure to volunteer."

Congratulations to Deb. Volunteers like her are indeed the heart of 4-H!

Nominate your favorite 4-H volunteer by submitting the form available online at <http://lancaster.unl.edu> or at the extension office. Nominations of co-volunteers welcome.



Jammie Jamboree, April 10

Learn basic sewing skills as part of the 4-H Clothing Level 1 project and make jammie bottoms on Saturday, April 10, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Open to all youth (need not be in 4-H). Adults are welcome.

Bring your sewing machine, basic sewing equipment (such as scissors, pins, measuring tape, etc.), pull-on pajama bottom pattern (one simple pattern is Simplicity 3553), prewashed flannel or 100% cotton fabric (no one-way design fabrics or plaids) and matching thread. Also bring a sack lunch. Sign up by April 9 by calling 441-7180. Jammie bottoms may be entered at the county fair and styled in the Style Revue under Clothing Level 1.

April 11 Deadline For 4-H Pick-a-Pig Project

The pick-a-pig project was designed to give urban youth the opportunity to participate in a 4-H livestock project. There is a minimal cost to participate. The 4-H member will be required to attend weekly meetings and training sessions at a local farm. Those participating will learn about swine production, nutrition, management, and how to keep records. They will get the experience of showing swine at the Lancaster County Fair. For more information or to sign up, contact Deanna at 441-7180 or dkarmazin2@unl.edu. Sign up deadline is April 11.

Dog, Cat, and Horse Treats Fundraiser, Order Before April 9

Lancaster County 4-H Citizenship Washington Focus (CWF) members are selling pet treats as a fund-raiser. The high quality pet treats sell for \$4 per 5 oz. bag. The treats are available in the following flavors:

- Dog — cheddar cheese, peanut butter honey, and cheese & bacon
- Horse — molasses peppermint and molasses apple
- Cat — chicken flavored

Orders can be placed before April 9 by calling Deanna at 441-7180. All orders will be available for pick-up or delivery around April 21.

4-H Paws-On Dog Clinic, April 24

Lancaster County 4-H will host a statewide Dog Clinic on Saturday, April 24, 9 a.m.–3 p.m. at the Lancaster Event Center – Exhibit Hall. Anyone may attend. Dogs may attend — bring a leash and portable carrier.

If you have an interest in learning about dogs or want to better your show skills, plan on attending. This workshop will cover obedience, showmanship, agility, grooming, health care, and much more.

Fee is \$15 per person and includes lunch. Space is limited, so register early. Must pre-register by April 16. Registration forms are at <http://lancaster.unl.edu/4h> and at the extension office. For more information, call Lisa Karr-Lilienthal at 472-6458.

4-H/FFA Sheep Weigh-In, May 6

4-H/FFA members planning to exhibit market sheep need to have their lambs officially tagged and weighed by June 15. A county-wide sheep weigh-in date has been set for Thursday, May 6, 6–8 p.m. at the Lancaster Event Center - Pavilion 2. Due to time constraints and budget, Deanna will no longer be able to come to each farm individually.

4-H/FFA Livestock Training Clinic, May 8

All 4-H & FFA livestock exhibitors are invited to attend the free 2010 Livestock Show Training Clinic on Saturday, May 8, 9 a.m.–2 p.m. at the Lancaster Event Center – Pavilion 1 (*note this new time*). Experts in the field will be giving live animal demonstrations and will focus in on showing, fitting, nutrition and management of cattle, sheep, swine and goats. A free lunch will be sponsored by Southeast Nebraska ADM Dealers. Pre-registration is required. To sign up, contact Deanna at 441-7180 or dkarmazin2@unl.edu by May 3. This event is sponsored by Lancaster County 4-H and ADM Alliance Nutrition.

Quilt Detective Day, June 15

Quilt Detective Day is a state workshop for 4-H'ers ages 12 & up. It will be Tuesday, June 15 at the International Quilt Study Center at 33rd and Holdrege streets in Lincoln. More information will be in the next NEBLINE, or call Tracy at 441-7180.



HORSE BITS

Riding Skills Level Testings, April 20 and May 4

The first 2010 Riding Skills Level Testing will be held on Tuesday, April 20, 6 p.m., at the Lancaster Event Center – Pavilion 3. Anyone wishing to be tested must sign up by April 13. A second testing will be held on Tuesday, May 4, 6 p.m., also at the Lancaster Event Center – Pavilion 3. Sign up deadline is April 27. To sign up, contact Marty at mcruckshank2@unl.edu or 441-7180.

District/State Horse Show Entries, IDs, Levels Due May 10

4-H'ers competing in district and state horse shows must be 12 years of age by Jan. 1 and have at least a level II. Exhibitors must pass riding skills level tests for many classes at districts/state horse. All Lancaster County 4-H'ers participating in district/state horse shows must submit entries, horse identifications and levels to the UNL Extension in Lancaster County office at 444 Cherrycreek Road by Monday, May 10. No late entries will be accepted! Anyone planning on going to state must have ALL horsemanship level requirements passed and submitted to the extension office by Monday, May 10. Entry forms, entry guidelines, entry procedures and the 2 & 3 year old western pleasure affidavits are available at <http://www.animalscience.unl.edu/extension/equine/4H/districtstateshows.html> and the extension office.

State Horse Stampede Results

Several Lancaster County 4-H members participated in the State Horse Stampede held at UNL East Campus in February. Congratulations to all! Below are the purple ribbon winners.

ART CONTEST

Senior Division: Elli Dearmont (Reserve Champion), Ashley Weigand (Honorable Mention), Ivy Dearmont, Nicole Oestmann, Jessica Scheeve, Ian Schuster, and Lexi Wolfe

Junior Division: Alyia Whitehall

DEMONSTRATION CONTEST

Senior Division, Individual: Cory Peters (Reserve Champion)

Senior Division, Team: Elli Dearmont and Hannah Ronnau (Reserve Champion)

Junior Division, Teams: Lexi and McKenzie Wolfe (Champion), Ivy Dearmont and Spencer Peters (Reserve Champion)

QUIZ BOWL

South Prairie Wranglers 4-H Club: Ian Schuster, Cory Peters, Hannah Ronnau, Elli Dearmont, coach Wendy Cole (Reserve Champion)

South Prairie Wranglers 4-H Club: Maria Luedtke, Megan Leudtke, Erika Warner, Lexi Wolfe, coach Kendra Ronnau (Third Place)





Youth Learned Crocheting
at 4-H Workshop

Nearly 25 youth learned crocheting basics at a 4-H Basic Crocheting Workshop in February. Crocheting is part of the 4-H Clothing project. Photos are online at <http://lancaster.unl.edu/4h>.

4-H Pillow Party Taught Basic
Sewing Skills

At a 4-H Pillow Party in February, 17 youth learned basic sewing skills as part of the 4-H Sewing for Fun project. They all went home with a pillow they sewed! Photos are online at <http://lancaster.unl.edu/4h>.

4-H Speech
Contest

The 2010 4-H Speech Contest will be held Sunday, April 18 at 1:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. The Speech Contest provides 4-H'ers the opportunity to learn to express themselves clearly, organize their ideas and have confidence. Register by April 12 by calling 441-7180 or emailing dkarmazin2@unl.edu with name, speech title and age division.

Contest divisions and requirements:

- **Clover Kid:** 5–7 years old, read or recite any short story, nursery rhyme, poem, pledge, etc..
- **Novice:** 8–9 years old, 2 minutes in length, any topic related to 4-H.
- **Junior:** 10–11 years old, 2–3 minutes in length, any topic about a 4-H experience.
- **Intermediate:** 12–13 years old, 3–5 minutes in length, encouraged to talk about a 4-H project you would like others to enroll in.
- **Senior:** 14–19, 5–8 minutes in length, a timely topic related to 4-H.

For speech resources and examples check out our Web site at <http://lancaster.unl.edu/4h/Contest/speech.shtml>.

PSA Contest

In the Public Service Announcement (PSA) Contest, 4-H'ers submit a “radio commercial” recorded on a cassette tape or CD by Monday, April 12. PSA must promote 4-H and should be 60 seconds. State 4-H asks for PSA's to be general enough to be used anywhere in Nebraska at anytime of the year. Sound effects and background noises are encouraged (copyrighted material may not be used). If you do not have the capabilities to record a PSA, contact Deanna at 441-7180 to set up a time.

NEW for 2010!

- **All PSA's will use the state theme as the basis for their PSA. The 2010 PSA theme is “Meet the Future.”**
- **All 4-H PSA's must include the following tag line within the last ten seconds of the PSA: “Learn more about the University of Nebraska–Lincoln Extension 4-H Youth Development Program at 4h.unl.edu and Know How. Know Now.” The tag line is included in the 60 second time limit.**

Results and comment sheets will be handed out at the 4-H Speech Contest on Sunday, April 18. Additional contest information, PSA guidelines and examples can be found at <http://lancaster.unl.edu/4h/Contest/speech.shtml>.

Kiwanis Karnival, April 10

Lincoln Center Kiwanis sponsors an annual Kiwanis Karnival, a FREE family event. This year, it will be held Saturday, April 10, 6–8 p.m. at Elliott Elementary School, 225 S. 26 Street, Lincoln

4-H members & their families and Elliott school students & their families are invited to share the fun!

The Karnival features carnival type games for the kids, bingo for adults, prizes, snacks, fun and fellowship. Lincoln Center Kiwanis has sponsored this event for over 50 years providing prizes and snacks. 4-H clubs are needed to provide carnival-type booths. For more information, call Lorene at 441-7180.

4-H Camp Scholarships

The following scholarships go towards attending Nebraska 4-H summer camp(s). Application deadline is May 1 — preference given to applications submitted by March 1. Applications are available at the extension office and at <http://lancaster.unl.edu/4h/Programs/award.shtml>

Windstream 4-H Camp Scholarship — Thanks to the generosity of Windstream Communications, two Lancaster County 4-H members will receive full scholarships to attend a 4-H summer camp at the Eastern Nebraska 4-H Camp near Gretna! Applicants must be 9 or older and currently enrolled in 4-H. Scholarship is based on need.

Joyce Vahle Memorial Scholarship — \$100 scholarship is awarded to a 4-H'er between the ages of 8–14 to be used towards attending 4-H camp. Applicants should be currently, or have had at some point been, enrolled in at least one sewing project.

4-H/FFA SUPER FAIR NEWS



2010

LANCASTER COUNTY
AUGUST 5–14
LANCASTER EVENT CENTER • LINCOLN

4-H & FFA EXHIBITS & EVENTS
AUGUST 5–8

4-H/FFA Fair Books Have Been Mailed

The Lancaster County Fair is now the Lancaster County SUPER FAIR! The 2010 Lancaster County Super Fair will be held Aug. 5–14 at the Lancaster Event Center, 84th & Havelock, Lincoln. 4-H/FFA exhibits and events will be held Thursday, Aug. 5–Sunday, Aug. 8.

The Lancaster County 4-H & FFA Fair Book contains entry information for 4-H & FFA members exhibiting in 4-H/FFA. Fair Books have been mailed to all 4-H & FFA families. It is also available at the extension office and online at <http://lancaster.unl.edu/4h/Fair>.

Open Class entry information and schedule will be online by April 15 at www.superfair.org. Anyone can participate in open class categories. New in 2010, online entry will be available and highly encouraged for open class!

Many Schedule Changes

Many 4-H & FFA activities have been shifted one day or to an entirely new time. **Please see Fair Book for complete schedule.** Changes include:

- Static exhibit check-in — Tuesday, Aug. 3, 4–8 p.m.
- Static exhibit judging and interview judging — Wednesday, Aug. 4
- Static exhibits released — Monday, Aug. 9, 7–11 a.m.
- Horse show pre-fair briefing/cleaning and decorating stalls — Monday, Aug. 2, 6–9:30 p.m.
- Cleaning and decorating horse stalls — Tuesday, Aug. 3, begins Noon
- No horses before Tuesday, Aug. 3 at 5 p.m.!
- Horse Judging will be held before the fair. Date and location TBA
- All livestock animals — check-in and weigh-in Thursday, Aug. 5 in the morning; animals must be in stalls by Noon

New in 4-H at Fair

See the Fair Book for detailed information about each of the following:

- There are new statewide **“Express Yourself”** exhibits which relate to the new communications curriculum, “Picking Up the Pieces,” “Putting It Together,” and “The Perfect Fit.” Unit 2 and 3 exhibits are eligible for the State Fair.
- There are no longer State Fair entries for **Banners and Posters** categories. They will remain as county only exhibits. Some of the new Express Yourself classes are similar to old poster classes (i.e. 4-H Advertisement Flyer and Electronic Etiquette Promotion). Many other project areas still have state-fair eligible poster classes that relate to specific projects.
- There are new statewide **“Power of Winds”** exhibits which relate to the new manual “Wind Energy.” Units 2 and 3 are eligible for the State Fair.
- **Power Mechanics** — miscellaneous engineering exhibit has been added (for example lawn mower engine, restored car, restored motorcycle, lawn mower overhaul, etc.)
- **Houseplants** have replaced Horticulture Container Plants.
- **Style Revue** now has a class for **Clothing Level 1 Make One Buy One.**
- A **Dog Skill-A-Thon** Contest has been added to help prepare youth for the statewide Dog Skill-A-Thon. Note: preregistration date has been changed from date in Fair Book to July 2.
- **Dog Creative Kennel Contest** — exhibitors are encouraged to design and decorate their dog kennel using the theme “Super Dogs at the Super Fair!” Entries will be judged on originality, creativity, and decorations.
- **Rabbit Races** have been added after the Rabbit Specialty Show.
- **Lancaster County Born and Raised Breeding Beef** is a new class (in addition to Lancaster County Born and Raised Market Beef)
- **Marketing swine** is now up to the exhibitor — 4-H staff will no longer be involved in this process.
- **Horse Dressage classes** will now have age divisions instead of all ages.
- **Livestock trailer parking** will be just north of the Cattle Tieouts.

LOOK FOR “HELPFUL RESOURCES”

The Fair Book lets you know if additional helpful resources are available, if they are handouts or YouTube videos and where they are available!



Livestock Clinics

4-H/FFA is offering several livestock clinics:

- Sheep Fitting Clinic: Thursday, Aug. 5, 2–3 p.m.
- Swine Fitting Clinic: Thursday, Aug. 5, 3–4 p.m.
- Cattle Fitting Clinic: Thursday, Aug. 5, 3–4 p.m. (followed by the Cattle Fitting Contest)
- Dairy Clinic: Friday, Aug. 6, 10 a.m.

4-H & FFA Gate Admission

4-H/FFA families can get a free 4-H/FFA car pass from the extension office (available July 1–Aug. 6). A 4-H/FFA car pass is good for gate admission for all passengers in one vehicle each day Aug. 5–9. 4-H/FFA families are asked to enter Gate 3.

Premium Payouts Procedure

No checks will be issued! No changes or corrections will be made on premium amounts after 14 days.

- **Static Exhibits and Contests:** Premium payouts for all static exhibits and contests held before and during the fair must be picked up on Monday, August 9, 7–11 a.m. in the Fair Board Office. With proper identification, parents, guardians, 4-H club leaders, FFA chapter advisors will also be permitted to pick up and sign for exhibitor premiums.
- **Animal Exhibitors** (except horse): All 4-H & FFA animal exhibitors will receive premium payouts as they exit the show arena.
- **Horse Exhibitors:** Premium payouts will be made to 4-H members, their parents or their 4-H leaders on Monday, August 9, 10 a.m. in Pavilion 2. The entire 4-H club must have removed all bedding from each stall in order for premiums to be received. Signatures from all representatives receiving payments will be required.

EXTENSION NEWS



Dick Earl (right) of the Nebraska Poultry Industries and the Poultry & Egg Division of the Nebraska Department of Agriculture presented the award to extension staff members (left-right) Jim Wies, Lorene Bartos and Gary Bergman.

Embryology Program Recognized

The Nebraska Poultry Industries and the Poultry & Egg Division of the Nebraska Department of Agriculture presented a plaque to University of Nebraska–Lincoln Extension in Lancaster County at the 2010 Nebraska Poultry Industries convention, “In appreciation for the development and success of the 4-H School Enrichment Embryology Program.”

Embryology is taught in 53 Lancaster County Schools and is a required part of Lincoln Public Schools third grade core science curriculum. In the 2008–09 school year, 4,230 students learned about embryo development and life cycle by incubating fertilized eggs in classrooms.

Embryology is also on the Web at <http://lancaster.unl.edu/eggcam>, featuring EGG cam which gives Web viewers a bird’s eye view of chicks hatching. The Web site has received over five million accesses since 2002.



Extension staff member Marty Cruickshank (right) candles an egg in a third grade classroom.

STRENGTHENING FAMILY TREASURES
Daughter/Mother Camp

A retreat designed for 5th & 6th grade girls and their mothers (or grandmothers or other adult females)
Friday, April 30, 5 p.m. to Saturday, May 1, 5 p.m.



Give the greatest gift to your daughter — your time! This camp is two days and one night of fun, educational and confidence-building activities. As adolescence approaches, this is an opportunity to:

- Enhance effective communication including expressing emotions.
- Learn more about body image and sexuality.
- Explore techniques to handle peer pressure and stress.
- Discuss the importance of

individual family values. Cost includes meals, snacks and lodging at Eastern Nebraska 4-H Center near Gretna. Fee is \$125 per pair. For more information or a registration form, go to <http://lancaster.unl.edu/family> or call Extension Educator Maureen Burson at 441-7180. Co-sponsored by UNL Extension, Lincoln-Lancaster County Health Department, and Lincoln Council on Alcohol & Drugs.

Make History by Volunteering with the 2010 USA National Games

The Special Olympics 2010 USA National Games will be held July 18–23 in Lincoln. Organizers expect 3,000 athletes, 1,000 coaches, 8,000 volunteers and 15,000 family members and friends to come to Lincoln for the event. The Games and competition will be based around the University of Nebraska–Lincoln and the Lincoln community. The 2010 USA National Games anticipates being one of the largest sporting events of its kind in the world in 2010, let alone perhaps the biggest event ever to be held in the state of Nebraska.

Volunteering is an easy and rewarding way to become involved with the Games. The Games would not be possible without the help of more than



8,000 dedicated volunteers. There is something for everyone and no shortage of diverse ways to get involved. Your participation is vital to our success! Volunteer dates: July 17–24, 2010 (one day prior to and after competition days). Volunteer positions: security, event logistics, welcome committee, delegations services, awards, receptions, ceremonies,

information services, technology, cheering committee and more. Volunteer requirements:

- 16 years of age and older
- Under 16 years of age, please come be a “Fan in the Stands” for any sporting event during the week of the 2010 Games
- Each volunteer must have separate email accounts
- Participate in volunteer training
- All volunteers are subject to volunteer screening
- Optimal: Two days or more volunteer commitment (approximately two 8 hour shifts July 17–24)
- Minimum: One day volunteer commitment (approximately one 8 hour shift July 17–24)

For more information about the Games or volunteering, please visit www.2010specialolympics.org.

4-H for Youth with Special Needs

Approximately 6.7 million school-aged children in the United States have disabilities. Involving “special needs” youth in 4-H can result in a satisfying experience for all involved.

Defining Youth With Special Needs

Special needs youth include children with a wide range of disabilities, that is, limitations on their ability to perform certain skills. Common disabilities include physical, mental, and developmental disabilities such as Attention Deficit Disorder, Autism, and Down’s Syndrome.

Involving Youth With Special Needs

Involving special needs youth in your club or activity may take some special consideration but can be quite easy if you follow these steps:

- Learn about and help other 4-H’ers understand the disability with respect for the child’s feelings and preference for privacy. This can be accomplished by talking to the child’s parents, researching online or at the library, contacting local support of advocacy groups (i.e., Muscular Dystrophy Association, etc.), or attending local Special Olympics, where you can see how trained volunteers work with a variety of children with special needs.
- Find out how the disability affects the particular child with whom you are working. Remember that each child with a disability is still a unique individual. This means that different children with the same disability may display a varying range of characteristics. Talk with the parents to become familiar with the child’s ability levels, special challenges, and other individual needs.
- Modify the project or activity to match the ability level of the child. For example, a child in a wheel chair could participate in a gardening project by designing a raised garden bed

or participating in container gardening. Modification may also mean modifying program requirements. For example, in an animal science project, youth without a disability may be required to take care of the animals on their own, while a special needs child may be paired with a teen leader or older 4-H members for assistance through team work. Look at the objectives of the project or activity, and help the child set reachable goals to meet the objectives. The child should be involved in the setting of the goals and the adaptation of the program as much as possible. The modifications to the program must be designed to meet the child’s ability levels and the goals of the project while still challenging the child to consistently improve his or her own personal best. The important factor here is to focus on the similarities among special needs youth and not to concentrate on the differences. All youth have a basic need to belong and to feel accepted by the group.

- Additional specific leader training/support. Help with learning about and understanding appropriate accommodations and educational resources is available through the county 4-H office.

Special Needs Guidelines

Here are some guidelines to remember when working with special needs youth:

- Involve the child and his/her parents, as much as possible, in setting goals and modifying the program to meet the child’s needs.
- Treat each child, special needs or not, as an individual who has certain talents, skills, strengths, and needs.
- Provide plenty of recognition and positive reinforcement. Make sure your expectations for each child are based on efforts made toward reaching a set goal. Don’t be “easier” on a

special needs child just because of the disability.

- Remember that the 4-H motto, “To Make the Best Better!” does not always mean blue ribbons and other awards. Personal growth (ability to handle frustration or communicate better), gaining and using new knowledge (planting and taking care of a garden), and feelings of accomplishment (succeeding in any new challenge, no matter how small it may seem) are also important accomplishments.
- Take the time to learn, and to teach other 4-H’ers, the correct terminology for the child’s disability, as well as any equipment which the child may use. Sometimes the common terms are considered insensitive or rude.
- Many people with physical disabilities would prefer to discuss their disability rather than have everyone ignore it or pretend not to see it. How this is handled should be determined by consulting the child and his/her parents.
- Differentiate the areas where the child’s abilities are diminished or different and where they are “normal.” For example, people often shout at visually impaired people as if they also cannot hear. Don’t assume anything about a child’s disability; remember that each child is an individual.
- With mainstreaming in schools becoming a common practice, today’s youth often have a greater awareness, understanding and comfort zone in interacting with their special needs peers than in the past. Usually the fact that a child is “different” ceases to be a problem for the other children in a group long before the adults reach the same comfort level.

Source: Rutgers New Jersey Agricultural Experiment Station Cooperative Extension, “4-H for Youth with Special Needs” (part of a New Jersey 4-H Leader Training Series) online at www.ni4h.rutgers.edu/volunteering/lts/

EXTENSION CALENDAR

All programs and events will be held at the Lancaster Extension Education Center unless otherwise noted.

March

- 23 **FCE & Community Leader Training Lesson** 1 p.m.
25 **Small Steps to Health and Wealth, online workshop** 12:10–1 p.m.
27 **Child Care Conference — Going for the Gold** 8 a.m.–3:30 p.m.

April

- 1 **Deadline for Early Bird Discount on 4-H Summer Camps and Big Red Summer Academic Camps**
1 **All 4-H/FFA Market Beef ID's Due to Extension**
6 **4-H Council Meeting**..... 7 p.m.
9 **Extension Board Meeting**..... 8 a.m.
10 **Jammie Jamboree** 9 a.m.
10 **Composting Demonstration, Pioneers Park Nature Center's Backyard Composting Demonstration Area.. 9:30 a.m.–11:30 a.m.**
10 **Kiwanis Carnival, Elliott School, 225 S. 26th St.** 6–8 p.m.
11 **4-H Teen Council Meeting** 3 p.m.
11 **Deadline for 4-H Pick-a-Pig Project**
12 **Deadline for 4-H Speech Contest**
12 **CDs/Tapes Due for Public Service Announcement (PSA) Contest**
13 **Guardian/Conservator Training** 5:30–8:30 p.m.
14 **Composting Workshop** 6:30 p.m.
15 **Composting Workshop, Charles H Gere Library, 2400 S. 56th St.** 6:30 p.m.
15 **Initial Pesticide Training for Commercial/Noncommercial Pesticide Applicators** 9 a.m.
15 **Parents Forever**..... 5:30–9 p.m.
18 **4-H Speech Contest** 1:30 p.m.
20 **4-H Horse Level Testing, Lancaster Event Center - Pavilion 3**..... 6 p.m.
24 **4-H Dog Clinic, Lancaster Event Center - Exhibit Hall** 9 a.m.–3 p.m.
30–May 1 **Strengthening Family Treasures: Daughter/Mother Camp, Eastern Nebraska 4-H Center near Gretna** 5 p.m.–5 p.m.

Cell Phone Recycling Project in April

Do you or anyone you know have any cell phones to dispose of? If so, please drop them off at the Lancaster Extension Education Center, 444 Cherrycreek Road, anytime during the month of April. We are able to take any make and model of cell phone. This is a fund-raiser for Lancaster County 4-H Citizenship Washington Focus group. Thanks for helping 4-H Keep it Green!

Lancaster Ag Society Seeks Nominations

At the 2010 Super Fair, the Lancaster County Agricultural Society will be unveiling a new Ag Society Hall of Fame located at the Lancaster Event Center. Nomination forms and more information can be requested by calling the Lancaster Event Center at 441-6545. Nomination forms are due by May 1.

Husker Sunday at Westfield Gateway, April 25

The University of Nebraska–Lincoln will be at the Westfield Gateway Shopping Center on Sunday, April 25 for the first-ever Husker Sunday event. Husker Sunday is designed to help high school juniors through freshman begin their college search.

Students of all ages and adults can attend to experience a glimpse of college life at UNL. Representatives from UNL undergraduate colleges and student affairs offices such as Scholarships and Financial Aid, University Housing and Admissions will be on hand.

Meet Heisman Trophy winner and Husker legend Eric Crouch! Highlights of the event include free T-shirts to all high school students who visit each exhibit and drawings for a free laptop computer and University Bookstore gift card. Westfield Gateway mall will offer additional promotions and discounts on Husker Sunday. More information about Husker Sunday is available online at huskersunday.unl.edu.



Open House Events

BIG RED OPEN HOUSE

April 12 — Spend a day on campus learning more about academics, student life, scholarships, and the Husker spirit!

SUPER SATURDAY

April 24 — A visit day built by students for students!

HUSKER SUNDAY

April 25 at Westfield Gateway Shopping Mall

JUNIOR WEDNESDAYS

Wednesdays through April 28 — A Husker Weekday tailored for juniors.

For more information or to register, see <http://admissions.unl.edu>

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For an East Campus tour, contact Laura Frey at 472-4445 or lfrey2@unl.edu

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EXTENSION

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska–Lincoln Extension in Lancaster County

444 Cherrycreek Road, Suite A
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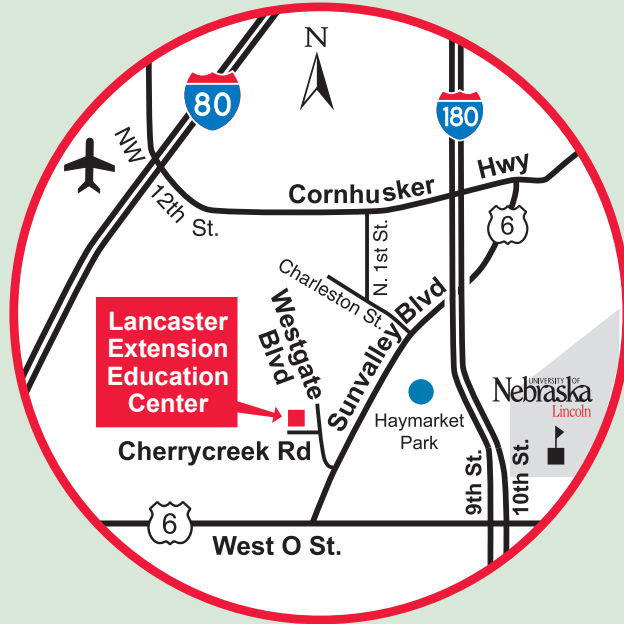
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Lancaster Extension Education Center Conference Facilities
444 Cherrycreek Road, Lincoln



University of Nebraska-Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture. We assure reasonable accommodation under the Americans with Disabilities Act; for assistance contact UNL Extension in Lancaster County at 441-7180.

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Maureen Burson
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Alice Henneman
Don Janssen
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THE NEBLINE

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444 Cherrycreek Road, Suite A • Lincoln, Nebraska 68528-1507

Pedersen's Plant Service Project Earns 4-H Diamond Clover Program's Highest Honor

Editor's note: Kyle Pedersen is the first Lancaster County 4-H member to earn the top Level 6 in the Nebraska 4-H Diamond Clover Program, a relatively new statewide program. Youth can progress from Level 1 up to Level 6. Level 6 requires a major service-learning project that benefits a 4-H member's community.

Kyle Pedersen
Lancaster County 4-H member

My project had two parts. The first part was to move plants from a garden owned by an avid gardener to a children's home, and the second was to start a 4-H club for the children living at the home. I taught the club members how to take care of plants, and they were able to have their own garden.

The idea to move the plants came from the owners of the children's home. It was fun to see how the truckloads of transplants survived and thrived in their new home (around flagpoles, office building, and the four homes). The plants were a good improvement to the homes, but I got the idea of forming a 4-H club when I saw the children on the grounds and imagined how they could benefit from the 4-H learning experience.

I started the 4-H club and we did a project at each meeting to help introduce the kids to 4-H. I enjoyed seeing the excitement in the children when they formed their own club and participated in club activities (planting shamrocks, making cookies and tray favors for a retirement center, growing a vegetable garden, and learning to identify flowers, vegetables, trees, and weeds).

I helped the community by working with the kids and by beautifying the landscape while carrying on the gardener's legacy. I felt like I had made a difference by giving the kids a 4-H experience they would not have had otherwise.



Nearly 200 plants were transplanted from a gardener's yard in Fall 2008.



The Heritage Clovers 4-H club was formed for CHCH youth to learn about plants and help with maintenance of the garden.



The plants were moved to Christian Heritage Children's Home.



Most of the plants survived being transplanted.

Watch Chicks Hatch Online with EGG Cam!

<http://lancaster.unl.edu/eggcam>



Now with streaming video in near real time!

EGG Cam will feature poultry hatching through the end of May!

**Become a Facebook Fan!**

Teen Council 4-H'ers Lead Lock-In

In January, more than 20 4-H Teen Council members organized and led the overnight 4-H Lock-In for 45 fourth & fifth graders. The teens prepared snacks, led games, presented craft activities and more.

Making Friends at the Lock-In

The 4-H Lock-In is a great way for kids to make new friends as well as get interested in 4-H. This year's theme was Juke Box Hero. We had many different activities for the 4th and 5th graders to do including home made guitars, creating music videos, learning about musical instruments as well as snacks and games. I think all of the kids had a great time, and I know all the teens enjoyed putting it together. The Lock-In is a hit every year.

— Jeff Cassel, Teen Council Vice President

Music in the Making

The 2010 Teen Council Lock-In was a music themed extravaganza. 4th and 5th graders learned about different instruments and made some of their own. They also learned different dances like the cupid shuffle. They participated in games, crafts, education, and food before settling down and watching movies until they drifted off to sleep. The next morning the spry teens woke the children. Milk, juice, and dough-



nuts were served for breakfast. The Lock-In was a successful night that went swimmingly.

— Kyle Pedersen

Fun for All!

I thought that our Lock-In this year was a great success. The music theme was great for both

boys and girls. The kids loved making their own music videos, learning about instruments, and interacting with the Teen Council members. We had a really fun group of leaders who kept the night rolling. There was fun had by all!

— Ellen Muehling, Teen Council President

Can You Guess It?



Did you guess it? Find out at <http://lancaster.unl.edu>

Did you guess it from the March NEBLINE?
The answer was 4-H Community Service Project!